

# FSN | ONE STOP SHOP

MAY 16, 2025



## UPCOMING PROGRAMMING

### MENTAL HEALTH & SELF-COMPASSION FOR IN HOUSE COUNSEL

This program offers practical strategies for managing common mental health concerns, focusing on **self-compassion, distress tolerance, and guided meditation**. Participants will learn how self-compassion can reduce self-criticism and foster emotional resilience. Distress tolerance skills will help them manage intense emotions and remain grounded during difficult times. Guided meditation techniques will support relaxation, reduce stress, and improve overall well-being. Together, these tools provide a holistic approach to enhancing mental health and building emotional strength.

MONTHLY  
LEGAL UPDATE

HOSTED BY



May 28, 2025

3:00 PM ET  
(12:00 PM PT / 7:00 PM GMT)

REGISTER NOW >



## HERE'S WHAT YOU MISSED!

### RELEVANT RESOURCES

- [Contract Negotiation Tactics for In-House Counsel](#), *Thomson Reuters*
- [Negotiating for a Higher Salary](#), *ACC, Latitude Legal, Shifting into Action*
- [Masterclass Series: Taking the Next Step in Your Career from Transitions to Promotions](#), *ACC FSN*
- Check out the [ACC Resource Library](#) for additional resources!

### APRIL PROGRAM LINKS

1

**Attributes of Highly Effective Negotiators**

[Recordings and Slides](#)

2

**Access all FSN Legal Update Recordings!**

[Register to this Bundle!](#)

## GET A HEAD START ON OUR NEXT PROGRAMS!

### CFPB UPDATE!

JUNE 2 | 3PM ET/12PM PT/7PM GMT

*Join us as experts from Troutman Pepper Locke provide a timely update on all things CFPB. Stay informed on the latest developments and what they mean for the industry.*

[Click Here to Register!](#)

**troutman  
pepper locke**

## FINANCIAL REGULATORY CORNER

This month's resources examine how regulators are adapting. FINRA's "FINRA Forward" focuses on improving regulatory effectiveness, while U.S. banking agencies move toward integrating crypto into the financial system.

### RESOURCES

1. [FINRA Announces New "FINRA Forward" Initiatives to Support Members, Markets and Investors](#), *FINRA*
2. [U.S. Banking Agencies' Shift Toward Crypto Integration](#), *Columbia Law School*

## MEET THE LEADERS!



**DIANA DRAPPEL**  
PROGRAM CHAIR

1

### What do you do?

I currently lead the Data & AI and Intellectual Property, Marketing & Sponsorship law teams at Royal Bank of Canada, which provide enterprise support on IP, strategic initiatives and emerging technologies, including AI, data and digital assets.

2

### FUN FACT!

I ENJOY READING POETRY. ONE OF MY ALL-TIME FAVORITE POETS IS MATSUO BASHO WHO WRITES HAIKU IN JAPANESE. I DON'T HAVE TIME NOW TO LEARN JAPANESE, BUT ONE LONG-TERM GOAL I HAVE IS TO READ HIS POEMS IN THE ORIGINAL JAPANESE.

3

### How has ACC helped your career?

The ACC has been an excellent resource for substantive legal knowledge throughout my career, especially when I have changed roles. And in-person ACC events have always been a wonderful place to for networking and camaraderie.